



SHINDO KARATE

A S S O C I A T I O N

www.shindokarate.com.au

Presents
Iain Abernethy
Seminar



World Renowned
Applied Karate Expert



Melbourne
Australia
August 2019

Kata as a true fighting system

Day 1: 23rd August 2019 - 10am-4pm
Principles and applications of the below Kata
to show a complete fighting /self-protection system:
Tekki / Naihanchi 1 - 3, Seipai

Day 2: 24th August 2019 - 10am-4pm
Principles and applications of the below Kata:
Bassai Dai / Passai, Kururunfa

Day 3: 25th August 2019 - 10am-4pm
Pad work drills to flow power, speed and technique
on a moving / stationary targets.
Principles and techniques with reference
to the Bubishi, Motobu and Itoman

www.iainabernethy.com